

zdrowylunch.pl

5 dni, 5 powodów, by spróbować

Kolorowe menu, dużo wyboru i codziennie coś pysznego.



smak

Pyszne, dopracowane przepisy, które lubisz.



świeżość

Codziennie świeże składniki od sprawdzonych dostawców.



wygoda

Zamawiasz online, my dostarczamy pod drzwi.



różnorodność

Codziennie inny wybór dań – każdy znajdzie coś dla siebie.



dobry nastrój

Dobre jedzenie to lepszy dzień!

Polecamy dzisiaj

kolorowe smaki • sycące dania • szybkie decyzje



Dołącz do naszych grup na **WhatsApp**




Menu, przypomnienia i informacje o nowościach –
szczegóły u naszych handlowców.

zdrowycatering.pl

Jedz kolorowo. Żyj zdrowo. Czuć się świetnie!

Menu | Monday 01.06.2026

BREAKFASTS

- Chia yogurt with strawberry mousse and muesli 11 zł
- Raffaello oatmeal 11 zł
- Caramelized onion tart 10 zł 



BUNS & WRAPS

- English-style bagel with fried egg and bacon 14 zł
- Seeded bun with sweet onion spread, egg and pickled cucumber 13 zł 
- Bun with horseradish cream cheese and vegetables 12 zł
- Chicken bun with mozzarella, jalapeño and caramelized onion 14 zł 
- Classic breadstick – ham, yellow cheese, vegetables 13 zł
- Breaded chicken strips longer with BBQ sauce 15 zł



LUNCH

- Indian butter chicken with rice 22 zł
- Pork loin in horseradish sauce, potato wedges, dill slaw 22 zł
- Chicken Kiev with butter, roasted potatoes and cabbage slaw 22 zł
- Bacon-wrapped chicken in zucchini sauce with mash and slaw 23 zł
- Chicken in butter sauce with broccoli and parmesan 24 zł 
- Gnocchi with basil sauce, green peas and parmesan 20 zł 
- Spaghetti carbonara 20 zł 
- Spinach dumplings with feta and mozzarella, served with garlic sauce 17,50 zł 
- Green dumplings with chicken and garlic dip 17,50 zł
- Pancakes with mascarpone cream and raspberry preserve 20 zł
- Green pancakes with salmon and cream cheese 22 zł  



ROLLS

- Chicken and vegetable rolls with honey mustard sauce 19 zł



DESSERTS

- Apple pie 10 zł
- Raspberry chia pudding 12 zł
- Dubai chocolate dessert 16 zł
- Coconut custard dessert with jam on a shortcrust base 14 zł



SALADS

- Salad with roasted beetroot, feta, toasted nuts, orange and dressing 21 zł
- Caesar salad with chicken 23 zł



DRINKS

- Chocolate protein shake 330 ml 12 zł
- Forest fruit smoothie with honey 500 ml 13 zł
- Mango lassi cocktail 13 zł
- Lavender lemonade 9 zł
- Pigwolada 320 ml 14 zł
- Pigwolada with green tea 320 ml 14 zł
- Pigwolada with black tea 320 ml 14 zł



SOUPS

- Cream of pickled cucumber soup with mountain cheese 13 zł
- Beet greens soup with green beans and egg 12 zł



BAO BAO

- Black-and-white bao buns with pulled teriyaki chicken, cucumber, peanuts and cilantro (2 pcs.) 26 zł

Today's special recommendation

Chicken Kiev with butter,
roasted potatoes and cabbage slaw – 22 zł



spicy



veggie



keto



new

Menu | Tuesday 02.06.2026

BREAKFASTS

- Yogurt with peach and chocolate crunchy cereal 11 zł
- Vanilla semolina porridge with raspberry mousse and almonds 12 zł
- Baked buns with mushrooms, cheese and egg 14 zł **NEW**

BUNS & WRAPS

- Breadstick with egg spread and sprouts 11 zł
- Ciabatta with lettuce, gouda and pickled pepper 12 zł
- Seeded bun with tuna spread and pickled cucumber 12 zł
- Pork chop burger 16 zł
- Seeded breadstick with cheddar, chicken and American sauce 14 zł
- Breaded chicken strips longer with BBQ sauce 15 zł

LUNCH

- Breaded chicken cutlet with mashed potatoes and gherkins 23 zł
- Pork cutlet with mashed potatoes and braised cabbage 22 zł
- Pork loin in gravy with potatoes and red cabbage 22 zł
- Keto tenderloin in pepper sauce with green beans 24 zł **K**
- Lazy dumplings with vanilla yogurt and strawberry mousse 19 zł **veggie**
- Vegetarian patties in dill sauce with mash and carrot slaw 23 zł **veggie**
- Penne with spinach and ricotta 20 zł
- Penne in cream-parmesan sauce with grilled vegetables and chicken 23 zł
- Russian dumplings with fried onion topping 17,50 zł
- Green dumplings with chicken and garlic dip 17,50 zł
- Mexican-style pancakes baked with béchamel 23 zł **spicy**
- Green pancakes with raspberry curd cheese 22 zł **NEW**
- Spring rolls (chicken / beef / shrimp) with sweet chili sauce 19 zł

GYOZA

- Chicken and vegetable gyoza dumplings (9 pcs.) 18 zł

DESSERTS

- Upside-down rhubarb cake 10 zł **NEW**
- Oreo-style dessert 11 zł
- Pistachio tiramisu 200 ml 13 zł **veggie**
- Chocolate tapioca pudding with mango 12 zł

SALADS

- Chicken salad with orange fillets, sunflower seeds and honey-mustard dressing 23 zł
- Niçoise salad with tuna 25 zł
- Quinoa bowl with roasted sweet potatoes, cherry tomatoes, avocado and egg + dressing 25 zł

DRINKS

- Pistachio protein shake 330 ml 13 zł
- Mango, pineapple, orange and strawberry smoothie 500 ml 13 zł
- Green avocado smoothie 13 zł **NEW**
- Raspberry lemonade 9 zł
- Pigwolada 320 ml 14 zł
- Pigwolada with green tea 320 ml 14 zł
- Pigwolada with black tea 320 ml 14 zł

SOUPS

- Cucumber and radish chilled soup 12 zł **NEW**
- Cauliflower cream soup 12 zł

BURGERS

- Beef burger with vegetables, onion rings and BBQ sauce 23 zł

Today's special recommendation

Pork cutlet with mashed potatoes and braised cabbage – 22 zł



spicy



veggie



keto



new

Menu | Wednesday 03.06.2026






BREAKFASTS

- Toffee oatmeal with flaxseed, bran and cranberries 12 zł
- Apple pancakes with cream and jam 15 zł


BUNS & WRAPS

- Caesar bagel 16 zł
- Seeded breadstick with ham, egg and pickled cucumber 12 zł
- Seeded bun with cream cheese, salmon and mayonnaise 13 zł
- Ciabatta with arugula, camembert and cranberry preserve 14 zł
- Bun with lettuce and maasdamer cheese 12,50 zł
- Breaded chicken strips longer with BBQ sauce 15 zł
- Wrap with chicken and mango-jalapeño dip 18 zł 

LUNCH

- Meat patties with mashed potatoes and beetroot 22 zł
- Teriyaki chicken with rice and cabbage slaw 22 zł
- Chicken roulade with raspberry sauce, mash and Chinese cabbage slaw 23 zł 
- Pork tenderloin in mushroom sauce with potato dumplings and beetroot slaw 24 zł
- Keto chicken in carbonara sauce with zucchini noodles 24 zł 
- Broccoli patties with mozzarella in onion sauce, potatoes and coleslaw 20 zł 
- Pasta with minced beef, vegetables and parmesan 23 zł
- Rigatoni in romesco sauce with burrata and basil 23 zł 
- Russian dumplings with fried onion topping 17,50 zł
- Green dumplings with chicken and garlic dip 17,50 zł
- Pancakes with spring curd cheese 21 zł 
- Bounty pancakes 18 zł

GYOZA

- Spinach gyoza dumplings with vegetables and soy sauce 18 zł 


ROLLS

- Smoked salmon rolls with spinach and dill sauce 21 zł

DESSERTS

- Carrot cake with creamy icing 10 zł
- Coconut tapioca pudding with mango mousse 13 zł
- Raspberry cloud dessert 200 ml 12 zł
- Strawberry tiramisu 10 zł


SALADS

- Chicken salad with pear, blue cheese, nuts and honey-mustard dip 23 zł
- Lumberjack salad (tomato, pickled cucumber, chicken, bacon, gouda, crispy onion, dip) 22 zł
- Salad with roasted rhubarb and strawberry dressing 24 zł 

DRINKS

- Snickers protein shake 330 ml 12 zł
- Strawberry chia smoothie 500 ml 12,50 zł
- Vitamin smoothie (orange, banana, spinach, ginger, chia) 500 ml 13 zł
- Lemon lemonade 9 zł
- Pigwolada 320 ml 14 zł
- Pigwolada with green tea 320 ml 14 zł
- Pigwolada with black tea 320 ml 14 zł

SOUPS

- Red pepper cream soup with mozzarella balls and toasted pumpkin seeds 12 zł 
- Chicken broth with noodles 12 zł

BURGERS

- Beef burger with a potato pancake 25 zł



Today's special recommendation

Meat patties with mashed potatoes and beetroot - 22 zł



spicy



veggie



keto



new